

Qualification Highlights

- Thrives in a collaborative team environment requiring strong communication skills, as evidenced by successful interprofessional student placements and prior clinical experience
- Comprehensive occupational therapy assessment and treatment experience of stroke, neurology/endocrinology, and mental health patients in both acute and rehabilitation settings
- Extensive experience planning, implementing, and evaluating use of treatment plans that include ADL and IADL retraining, upper extremity recovery, behavioural activation, and cognitive and perceptual rehabilitation
- Experience with electronic hospital information systems (i.e. Meditech and Epic)

Education

McMaster University, Hamilton, ON

Sept 2018 to Aug 2020

Master of Science in Occupational Therapy

University of Toronto, Toronto, ON

Sept 2013 to May 2018

Honours Bachelor of Arts in English, Linguistics, and Classical Civilizations

Professional Experience

St. Joseph's Healthcare Hamilton Mood Disorders Inpatient Program— Clinical Placement Student Jul 2020 to Present
Hamilton, ON

- Support clients with a diagnosis of depression, bipolar disorder, delirium, or dementia in setting occupational engagement goals and create routines using behavioural activation principles, motivational interviewing, and supportive listening techniques
- Run life skills therapy groups and psycho-educational groups aimed at teaching cooking skills, stress management skills, and emotional regulation skills
- Provide 1:1 psycho-education on topics such as managing rumination, building social support networks, and routine building post discharge
- Administer functional assessments such as The Independent Living Scales (ILS) and cooking assessments

Hamilton General Hospital Stroke Rehabilitation – Clinical Placement Student
Hamilton, ON

Jan 2020 to Feb 2020

- Supported individuals with a diagnosis of stroke in accomplishing goals through the implementation of treatment plans that included ADL and IADL retraining, upper extremity recovery, and cognitive rehabilitation
- Independently administered both standardized assessments (CPT, MOCA, CMSA, 9-hole peg test) and non-standardized assessments (kitchen and ADL assessments)
- Collaborated with OTA/PTAs by assigning treatment plans and monitoring client progress
- Effectively communicated with patients, families, and staff during rounds and family meetings to provide an update on patient status, and to contribute to discharge planning

Oakville Trafalgar Memorial Hospital Neurology Acute Care – Clinical Placement Student
Oakville, ON

Mar 2019 to May 2019

- Collaborated with a multi-disciplinary team to provide care to acute neurology and endocrinology patients presenting with ischemic or haemorrhagic stroke or kidney disease among others
- Conducted and documented on various assessments (i.e. occupational history intake assessments, ROM, MMT, MOCA, transfer assessments, kettle test, and ADL assessments)
- Provided clients with education regarding energy conservation principles and equipment use (i.e. sock aids)
- Promoted neurological recovery by leading clients through exercises to improve endurance and sitting balance
- Prepared patients for discharge by assessing readiness for home or alternate level of care by determining required support for ADLs and IADLs, and by completing community and hospital referrals

- Promoted occupational engagement for individuals with mental illness by helping them learn skills that facilitate integration into the community using a psychosocial rehabilitation approach
- Participated in running therapy groups meant to improve cooking and independent living skills
- Gained increased knowledge in behavioural activation, and administration of Independent Living Scales (ILS)
- Helped clients practice instrumental activities of daily living and social skills in the community
- Documented clinical notes including occupational therapy assessments and progress notes

West Park Healthcare Centre – Rehab Plus Outpatient Neurological Rehabilitation Volunteer
Toronto, ON

Sept 2017 to Apr 2018

- Assisted an occupational therapist in running an upper extremity therapy group for adults who had experienced a stroke by explaining exercises and monitoring progress during the class, leading to progression in therapy goals

The Rehai Centres– Life Enrichment Team Volunteer
Toronto, ON

Sept 2017 to Apr 2018

- Helped older adults with dementia and physical disabilities access the community by accompanying them on outings while ensuring enjoyment and being aware of safety risks such as falls
- Designed and led a baking group for residents meant to decrease social isolation and teach cooking skills
- Visited residents in the long-term care facility at risk for social isolation on a weekly basis

Evergreen House Long-term Care Facility – Friendly Visitor Volunteer
Vancouver, BC

Jun 2017

- Visited older adults at the long-term care facility, engaging them in meaningful conversations and helping them attend local religious services, leading to an enhancement in their quality of life

Holland Bloorview Kids Rehabilitation Hospital – Fun with Friends Social Skills Program Volunteer
Toronto, ON

Jul 2016

- Assisted an OT in delivering a program for children with developmental disabilities or autism focused on conversation skills, friendship building, assertiveness, and improving self-esteem
- Supported participants by helping clients practice conversation skills, by explaining instructions, and by facilitating social interactions, leading to the attainment of client goals

Holland Bloorview Kids Rehabilitation Hospital – Inpatient Rehabilitation Volunteer
Toronto, ON

Sept 2013 to May 2018

- Assisted the therapeutic recreation staff in running art and cooking based activities for children and youth with brain injuries, orthopaedic injuries, or developmental disabilities who were inpatients at the hospital
- Supported clients by encouraging active participation in activities, and by explaining activity instructions
- Earned multiple spotlight nomination awards for excellence in family-centered care, respect, and partnership

Certifications & Workshops

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| • Beck Institute Essentials of CBT: The Beck Approach (Psychwire) | In Progress |
| • Sensory Processing and Sensory-Based Interventions for Children (CAOT) | June 2020 |
| • Handwriting Without Tears (K-5 Printing) | June 2020 |
| • Motivational Interviewing Level I (Western University) | May 2020 |
| • Anxiety: Practical Intervention Strategies (Crisis & Trauma Resource Institute) | May 2020 |
| • Cognitive Rehabilitation After Stroke (Central South Regional Stroke Institute) | Feb 2020 |
| • Basic Life Support | May 2019 |
| • Gentle Persuasive Approaches (GPA) in Dementia Care | Mar 2019 |
| • QPR Institute Suicide Prevention Training | Feb 2019 |
| • Non-Violent Crisis Intervention Training | Dec 2018 |